

CELEBRATE SUMMER

A NEWSLETTER OF THE CHILD HEALTH & DISABILITY PREVENTION PROGRAM

2650 Breslauer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122

Beach Bus to Whiskeytown is back - and free!

Ride a free, air-conditioned, 16-passenger mini-bus from downtown Redding to Brandy Creek at Whiskeytown National Recreation Area.

The "Beach Bus" makes four roundtrips a day, starting at 9:20 a.m. at Redding's Downtown Transit Center. It last leaves Brandy Creek at 6:45 p.m. Healthy Shasta is giving out free 1-hour

kayak rental passes at several random, on-the-bus drawings. The Shasta Regional Transportation Agency-funded service runs Thursday-Saturday, through Sept. 4.

For bus stops and times, call (530) 241-2877 or visit cityofredding.org/departments/redding-area-bus-authority/services/beach-bus



Healthy foods protect kids from lead poisoning

Lead is a toxic metal. It can harm a child's brain and make it hard for children to learn, pay attention and behave. However, a good diet can prevent lead from getting into your child's body.

To help prevent lead absorption, look for foods high in calcium, iron and vitamin C.

- **Eat foods that have CALCIUM:** Milk, spinach and other leafy greens, salmon, unsweetened yogurt, tofu and cheese.
- **Eat foods that have IRON:** Unprocessed red meat, chicken or turkey without skin, fish, beans, broccoli and split peas.
- **Eat foods that have VITAMIN C:** Bell peppers, oranges, grapefruit, tomatoes, broccoli, kiwi and strawberries.
- **Reduce fatty foods.** These include fried



foods, fast foods and "junk" foods. Note: Healthy fats are very important for brain development, especially for kids under age 2. These include nuts, nut butters, seeds and avocados.

You can learn more at www.cdph.ca.gov/programs/clppb.

Farmers Markets

EBT cards are accepted at all Shasta County markets.

Redding Market

Saturday, April 3 - Dec. 11
7:30 a.m. - Noon
Redding City Hall
777 Cypress Ave., Redding

Market by Sundial Bridge

Sunday, June 6 - Oct. 10
8 a.m. - Noon
844 Sundial Bridge Dr., Redding

Marilyn Miller Market

Tuesday, June 8 - Oct. 12
7:30 a.m. - Noon
Shasta Center,
1700 Churn Creek Road, Redding

Burney Market

Wednesday, June 9 - Sept. 29
3 p.m. - 6 p.m.
Burney Sporting Goods Parking Lot
37427 Hwy. 299 E., Burney

Anderson Market

Thursday, June 3 - Sept. 23
7:30 a.m. - Noon
Shasta Gateway Shopping Center
1699 Hwy. 273, Anderson

For more, visit healthyshasta.org/eat-healthy/farmers-markets/



Shasta County
**Health & Human
Services Agency**

Libraries plan in-person Summer Blast events

Groups and families can once again gather at all three Shasta Public Libraries branches!

The Summer Blast 2021 series invites kids and adults to read for prizes and enjoy fun, in-person activities. Events include a cyber security workshop for teens, dog training for

adults, a magic show and a family adventure to Shasta Caverns, plus story times, crafts, drive-through events and take-home activity kits.

Register for free at summerblast.fun. Find the calendar of events online or at a library branch. For more, visit shastalibraries.org.

Freedom Festival returns to Civic Lawn

Visitors can watch July 4 fireworks from the Civic Auditorium lawn this year, City of Redding staff said in early June. Vendors may be limited due to COVID-19, however.

Wherever you watch the show, community members are encouraged to find viewing spots with safe social distancing.

For more, visit cityofredding.org/departments/parks-and-recreation/recreation/special-events

Turtle Bay offers 'Five & Dime' discount days



On the 5th and 10th of every month, admission is \$5 for kids, \$10 for adults, free for kids 3 and under.

Turtle Bay's Wings of Summer Butterflies! exhibit runs June 19 - Aug. 15. Experience hundreds of live butterflies in a tranquil, enclosed garden nestled in the redwood trees of Wildlife Woods.

Questions? Visit turtlebay.org/ contact or call (530) 243-8850.

Kick'n Chicken Pitas



This crunchy snack is full of vitamins and minerals to keep you healthy and strong!

Ingredients

- 2 cups romaine lettuce, shredded
- 1 cup seedless grapes, halved
- 1 cup cooked chicken breast, cooled and chopped or shredded
- 1/3 cup chow mein noodles, crispy
- 1/3 cup carrots, shredded
- 2 Tbsp. green onions, sliced
- 4 Tbsp. oriental salad dressing, light
- 2 whole wheat pita pockets, halved

Directions

1. Combine romaine lettuce, grapes, chicken, chow mein noodles, carrots and green onions in a medium bowl. Mix well with a large spoon.
2. Add dressing to bowl. Mix until ingredients are coated with dressing.
3. Spoon about 1 cup of mixture into each pita pocket half. Serve.

Ready in 15 minutes

Calories: 255 for one filled pita half

Source: Eatfresh.org [Kids Get Cookin'](#), CalFresh Healthy Living

Kids find big fun at fair: stunts, stilts, rides, reptiles

The Shasta District Fair, running June 23 - 26, features live-stock exhibits, arts and crafts, carnival rides and live entertainment, including a comedy stunt show, reptiles, stilt performers and auto racing.

Local country music artist Chad Bushnell plays Thursday.

Tribute band *Journey Unauthorized* performs Friday.



Discount Days

Wednesday:

Dollar Day and Kids Day. Ages 13 & up, \$1 admission. Ages 12 & under, FREE.

Thursday:

Senior Day. Ages 62 and over, FREE (parking not included).

Big smiles start with brushing 2 minutes, 2 times a day.



Time to visit the dentist. LEARN MORE AT SMILEBIGSHASTA.COM



Colton, Age 1

